

# Utah Diabetes Telehealth Program



**3<sup>rd</sup> Wednesday of  
each month**

**12:00 – 1:00 p.m.  
(MST)**

## Wednesday, November 19, 2008 **Accurate Blood Pressure Measurement** Emily Carlson, CHES

Emily Carlson is the Clinical Quality Coordinator at the Association for Utah Community Health (AUCH). In her position she works with Community Health Centers to improve the quality of care around chronic diseases. Prior to her work at AUCH, Emily was a secondary prevention specialist for the Utah Heart Disease and Stroke Prevention Program. For this program, Ms. Carlson will present on how to accurately measure blood pressure using the auscultatory-palpatory technique, making adjustments with blood pressure readings, and resources available for clinicians.

**- CEUs offered for nurses (1.5 hours) and dietitians (1 hour) for all Diabetes Telehealth Programs -**

### **Upcoming Programs:**

- December 17 – Update on Preventing and Treating Diabetic Retinopathy
- January 21 – Diabetes and Tobacco Cessation
- February 18 – Gender Differences in Heart Disease and Diabetes
- March 18 – PCOS and Diabetes
- April 15 – Complementary and Alternative Medicine (CAM) Supplements for Diabetes
- May 20 – Diabetes Behavior Change

**Please use registration form sent by email or online**

**<http://www.health.utah.gov/diabetes/apps/threg.php>**

**(Register by November 17<sup>th</sup> for this program)**

Utah Diabetes Prevention & Control Program  
P.O. Box 142107  
Salt Lake City UT 84114-2107

List of Utah Telehealth Sites:  
<http://www.utahtelehealth.net/utn.pdf>

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Contact Betsi Patiño to schedule  
Telehealth video or telephone links

**\*\*For technical assistance on the day of the conference, call 801-585-2426\*\***

**<http://www.health.utah.gov/diabetes/telehealth/telehealth.htm>**